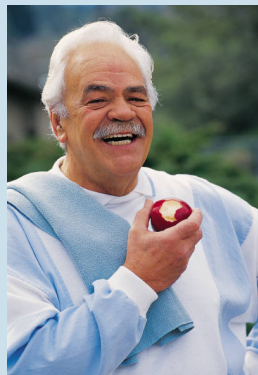


Warren County Public Health Education...

Is committed to offering ***FREE** health education programs and information to the people of Warren County. Warren County's Health Educator is able to attend a variety of community events including school health fairs, town safety days, community events to answer questions and distribute health information. They also offer a variety of programs that can be presented to the public at libraries, town halls, senior centers, church groups etc.

For more information about Warren County's Health Education Program please contact Warren County Health Services and ask for Dan Durkee 761-6580.



Contact Information

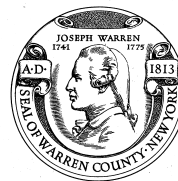
Health Educator:

Dan Durkee

Phone:

761-6580 or 1-800-755-8102

www.co.warren.ny.us



Warren County Health Services

Municipal Center
1340 State Route 9
Lake George, NY 12845

Phone: 518-761-6580 or 1-800-755-8102
www.co.warren.ny.us

Healthy People in
Healthy Communities!

Warren County Health Education

See what we can offer you.
(look inside!)

A FREE service of Warren County Health Services

Family Emergency Preparedness
Healthy Eating
Ticks & Lyme Disease
Prevention
Seasonal Safety
& Much More!

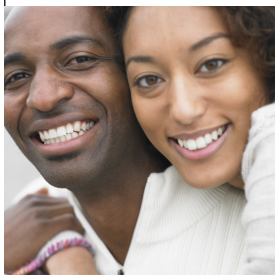
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What Is Public Health Education?

When most people think of Public Health they think of keeping restaurants, public swimming pools, hotels, and other places used by the public clean and safe, making sure drinking water is safe to drink, looking into disease outbreaks, and helping to get laws passed

to enhance the public's well-being.



Although all of these things are true, Public Health is much more than just monitoring and enforcing rules, it is about helping people make healthy and informed decisions to prevent disease, injury, and unhealthy choices through the use of health education.

Warren County's health education program is **FREE**. Program staff can offer services and support to community groups, schools, families, seniors/retirees, individuals and the general public who are looking to make a positive difference in their health and well-being.

Warren County's health education program is a **FREE service** that offers a variety of presentations on a number of current health topics. Our health educator often can develop a program to meet the needs of your group. Presentations can be offered on site or at the Warren County Municipal Center.

Health Education Contact Information

Health Educators: Dan Durkee

Phone: 761-6580 or 1-800-755-8102

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Presentations Already Prepared For You!

Family Emergency Preparedness— With Warren County's Family Emergency Preparedness program you will gather the basics about how to be prepared in any situation including starting a family communication plan, keep important records safe, how to stay informed, things to consider for special needs people and more.

Healthy Eating: Some things to think about— This program will help individuals and families understand the basics of good nutrition, how to find and use nutrition tools available online, how to better understand food labels and what to look for when talking about food and serving sizes.

Seasonal Safety— This presentation can be done in parts or as a whole program. It includes the latest information on Ticks & Lyme disease, West Nile Virus, Rabies, Sun Safety, and even Poison Ivy. A great general safety program for the warmer months.

Other programs offered by Warren County's health education program include:

- Staying healthy during flu season
- Injury prevention for children (fall prevention seniors)
- Dental health (young children)
- Exercise & heart health
- Eating healthy on a budget
- Custom programs may be available upon request



What do we need to do to have a Health Education Program presented to our group?

1. Decide what health topic your group would like to have presented.
2. Determine how long you would like the program to be and how many people will be attending the program (1/2—1 hour programs are recommended).
3. Where will the program take place; your place or ours?
4. Call Warren County Health Services ask for Dan Durkee to schedule a date and time for the presentation (whenever possible give at least two weeks notice when requesting a program).

**If our health educator is unable to create a program for your specific needs he/she will direct you to a community partner who may be able to better assist your group.*



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